

**GOVERNMENT OF INDIA
MINISTRY OF HEALTH AND FAMILY WELFARE
DEPARTMENT OF HEALTH AND FAMILY WELFARE**

**LOK SABHA
UNSTARRED QUESTION NO. 2170
TO BE ANSWERED ON 31ST JULY, 2026**

NATIONAL MENTAL HEALTH SURVEY

2170. SHRI ASADUDDIN OWAISI:

Will the Minister of **HEALTH AND FAMILY WELFARE** be pleased to state:

- (a) whether the Government has taken cognizance of the growing mental health burden in the country, if so, the details thereof;
- (b) whether the Government has taken cognizance of the fact that a large proportion of mental health concerns, including stress, psychological distress and anxiety, may not receive adequate attention under existing mental health programmes focused primarily on mental illness, if so, the details thereof along with the measures taken by the Government to address such concerns;
- (c) the steps taken/proposed to be taken by the Government to determine the extent to which mental health problems, beyond 'mental illness' are prevalent in the country;
- (d) whether the Government is undertaking the National Mental Health Survey in the country, if so, the details thereof; and
- (e) the current status of the survey and timeline for publication of the data in this regard?

**ANSWER
THE MINISTER OF STATE IN THE MINISTRY OF HEALTH AND
FAMILY WELFARE
(SHRI PRATAPRAO JADHAV)**

(a) to (e) As per the National Mental Health Survey conducted by the Government through National Institute of Mental Health and Neurosciences (NIMHANS), Bangalore in 12 States of the country, the prevalence of mental disorders including common mental disorders, severe mental disorders, and alcohol and substance use disorders (excluding tobacco use disorder) in adults over the age of 18 years is about 10.6%. The treatment gap for mental disorders ranged between 70% to 92% for different disorders.

To address the burden of mental disorders, the Government of India is implementing the National Mental Health Programme (NMHP) in the country. The District Mental Health Programme (DMHP) component of the NMHP has been sanctioned for implementation in 767 districts for which support is provided to States/UTs through the National Health Mission. Facilities made available under DMHP at the Community Health Centre (CHC) and Primary Health Centre

(PHC) levels, inter- alia, include outpatient services, assessment, counselling/ psycho-social interventions, continuing care and support to persons with severe mental disorders, drugs, outreach services, ambulance services etc.

Under the tertiary care component of NMHP, under Manpower Development Scheme-A, 25 Centres of Excellence have been sanctioned to increase the intake of students in PG departments in mental health specialities as well as to provide tertiary level treatment facilities. Further, the Government has also supported 19 Government medical colleges/institutions to strengthen 47 PG Departments in mental health specialties under Manpower Development Scheme-B.

The Government is also taking steps to strengthen mental healthcare services at primary healthcare level. The Government has upgraded more than 1.8 lakh Sub Health Centres (SHCs) and Primary Health Centres (PHCs) to Ayushman Arogya Mandirs. Mental health services have been added in the packages of services under Comprehensive Primary Health Care provided at these Ayushman Arogya Mandirs. Operational guidelines and training manuals for various cadres on Mental, Neurological, and Substance Use Disorders (MNS) at Ayushman Arogya Mandirs have been released under the ambit of Ayushman Bharat.

The Government has launched a “National Tele Mental Health Programme” (NTMHP) on 10th October, 2022, that functions as the digital arm of the District Mental Health Programme to provide universal access to equitable, accessible, affordable and quality mental health care through 24 x 7 tele-mental health counselling services. For this, a toll-free number (14416) has been set up across the country.

As on 27.07.2026, 36 States/ UTs have set up 53 Tele MANAS Cells. Tele-MANAS services are available in 20 languages based on language opted by States. More than 42 lakhs calls have been handled on the helpline number.

The Government has also launched Tele MANAS Mobile Application on the occasion of World Mental Health Day - October 10, 2024. Tele-MANAS Mobile Application is a comprehensive mobile platform that has been developed to provide support for mental health issues ranging from well being to mental disorders. The Government has also launched the video consultation facility under Tele-MANAS, as another upgrade to the already existing audio calling facility.

National Mental Health Survey 2 (NMHS 2) is conducted through National Institute of Mental Health and Neurosciences (NIMHANS), Bengaluru covering the age group of adolescents (13 to 17 years) and all adults of age 18 and above across all States (28) and Union Territories (8). The focus of NMHS 2 enquiry has been expanded to Public Health priority on mental illness conditions including thematic studies related to vulnerable populations such as children and women’s mental health, geriatric mental health, migration, climate change, mental health amongst tribal population and mental health care during disasters.
